

**ABSTRACT OF THE INVENTION**

A controlled descent device for use in industrial or recreational settings for controlled descent of a user from an upper level to a lower level. The device comprises principally a steel housing, an internal spring-loaded drum on which a webbing line is wound, and an attachment to a harness worn by a user. A centrifugal brake mechanism which acts upon the drum to limit the rate of descent includes a manufactured one-way bearing. The line constituent provides increased shock absorbing capabilities and is field replaceable.

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